

Hackensack girls have an easy time of it

By **TIM LEONARD**
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HACKENSACK — The plan was to take it easy. By the time Consandria Walker got to do that, the Hackensack sophomore could be found reclining on an old training table that was situated between the track and a practice field.

The spot was ideal in that Walker could rest, watch her boyfriend play baseball, and shout encouragement to her Hackensack teammates as they ran past her.

Walker had done enough on the track. She helped the Comets win the

400-meter relay, the 800, the long jump, and the triple jump as Hackensack won seven events on the way to the girls team title at the Comet Relays on Saturday. Hackensack scored 94 points for a comfortable 17-point margin over second-place Indian Hills. Paramus and Ridgewood tied for third with 50 points.

"We didn't enter all of the events. We're kind of resting our people for next week," said Hackensack coach Jim Levitzke, referring to the Bergen County Relays, which begin Friday. "The kids just worked really well together. What makes it nice is that they're on their own and they do the things we teach

them on a daily basis."

Hackensack's boys team was the top North Jersey finisher, placing a distant fourth behind Seton Hall Prep with 49 points. The Pirates won three events and placed second in four others to score 98 points and easily outdistance second-place Christian Brothers, which finished with 70½. Old Bridge was third with 54 points and Ridgewood came in behind Hackensack with 37 points.

TRACK COMET RELAYS

"We weren't planning to win the meet. We were just here to run," said Walker, who suffered a slightly sprained right ankle during the long jump. "We just go out and run and win. We always have confidence that we will win, no matter what."

That confidence showed in the 400-meter relay, when Walker caught a Clara Barton runner with about 60 meters to go. The Comets ran a 49.7, with Clara Barton a close second in 50.0. The other three victories Walker had her feet in were much easier. Hackensack obliterated the field in the 800, finishing in 1:48.3, more than four sec-

onds faster than second-place Paramus. Walker and Krystal Wyché, another member of the winning 400 and 800 teams, easily won the long jump with a combined distance of 32-4½, more than 2 feet better than second-place Indian Hills. Walker and Britannia Frazier teamed up to win the triple jump with a combined 69-0. Indian Hills again finished second by more than 4 feet. The Comets also swept the throwing events, as Nicole Robinson and Jamilla Morrison easily won the shot put and the dis-

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GIRLS TRACK

6. duced a 66-6 win in the TJ. Brittnee Bynoe led off a 4:34.0 win in the SMR and anchored a 13:17.07 victory in the DMR.

In the Freedom Division, Maple Shade won five events with "walkovers" in the TJ and PV.

Lbrty: 400R-Wibro 50.70. 800R-Wibro 1:48.01. 2-Lnpe :49.09. 1600R-Lnpe 4:14.86. 3200R-Lnpe 10:05.76. SMR-Wibro 4:34.00. DMR-Wibro 13:17.07. SHR-Moortn 1:21.30.

Frdm: 400R-BurTwp 53.76. 800R-Plmra 1:55.10. 1600R-Seneca 4:35.42. 3200R-MS 11:04.26. SMR-Dlrn 4:47.32. DMR-Bdtwn 14:10.62. SHR-MS 1:12.30. SP-Patrick, BT 37-4.

WALKER LEADS HACKENSACK AT COMET RELAYS

COMET RELAYS, April 10, Hackensack: The home team won here, 94-77, over Indian Hills with Consandria Walker taking part in four gold medal efforts, including a sprint double of 49.7 and 1:48.3. She suffered a slight ankle sprain in the process, but figured to be ready for the county relay meet the following week.

T-Hack 94, IH 77, Prms 50. 400-Hack 49.7. 800-Hack 1:48.3. 1600-Ctra Brtn(NY) 4:13.7. 3200-IH 10:18.0. 6400-Rdwd 23:27.0. SMR-Rand (NY) 4:22.3. DMR-Rdwd NT. SHR-Prms 1:07.7. IHTR-CB 3:33.9.

TARULLI HEADS RAMSEY WIN AT LYNDBURST RELAYS

LYNDBURST RELAYS, April 10: Lisa Tarulli, a second-generation star, was on four winning teams for Ramsey here as her team scored an easy win over Hasbrouck Heights, 101-73. She anchored a 4:33.1 SMR win, led off a 1:10.4 victory in the SHR and also was on the 100 and IHTR clubs.

Lindsay Renna headed the Hasbrouck Heights effort as she led a weight triple.

T-Rmsy 101, HH 73, Wd-Rdge 67. 400-Rsle 53.0. 800-Rsle 1:54.9. 1600-Rmsy 4:18.4. 3200-SaddBk 10:39.8. 6400-PalPk 24:32.6. SMR-Rmsy 4:33.1. DMR-Rmsy 14:14.9. SHR-Rmsy 3:38.0. SHR-Rmsy 1:10.4.

HERRICK, CARROLL, ELLERBE HEAD WAYNE VALLEY WIN

PASSAIC CTY RELAYS, April 10, Wayne Hills: Wayne Valley not only won a close one from Lakeland here, 96-86, but in the process turned in a stunning 12:30.6 win, lapping the field in the process.

Stephanie Herrick, Jacqui Carroll and Lavonne Ellerbe were the big guns for the Indians. Herrick anchored wins in the 3200R (10:09.9) and SMR (4:23.9) and was also half of a 2:13.1 victory in the IHTR. Carroll ran third leg in the 3200 and anchored the DMR. Ellerbe led off the DMR, ran the 400 leg on the SMR and was the other half of the IHTR club.

T-WV 96, Lkld 86, WstMlfd 62. 400-PmtnLks 53.9. 800-Lkld 1:51.0. 1600-Lkld 4:17.3. 3200-WV 10:09.9. 6400R-WM 23:26.3. SMR-WV 4:23.9. DMR-WV 12:30.6. SHR-Lkld 1:10.5. IHTR-WV 2:13.1.

CABRERA LEADS MEMORIAL TO HCIAA RELAY WIN

HCIAA RELAYS, April 8-10, Lincoln Pk: Indhira Cabrera anchored a pair of sprint victories here and also lent a hand to a SP win as Memorial completed its sweep of team honors in this one with a 114-106 victory over St. Dominic Academy.

St. Dominic had seven individual event wins to six for the winners but, for the second week in a row, felt dearly the absence of weight star Daria Zivanovic as it was outscored 28-12 in those three events.

T-Memrl 114, SDA 106, Byne & UnHl 46. 400-Memrl 55.0. 800-Memrl 1:56.7. 1600R-SDA 4:29.4. 3200-SDA 10:45.1. 6400R-SDA 23:31.5. SMR-SDA 4:36.5. DMR-SDA 13:48.3. SHR-Memrl 1:20.6. IHTR-SDA 3:42.1.

MORRIS KNOLLS TOPS TEANECK AT RANGER RELAYS

RANGER RELAYS, April 10, Wallkill Valley: Morris Knolls won only two events here, but still managed to repel visiting Teaneck, 76-61. Its young DMR team won in 13:08.56 and Kate Nazario led a JR win with a 127-5 toss.

Michelle Smith led Teaneck with an anchor on a 1:47.86 800R win and another on a MR of 4:10.73 in the 1600R. She also contributed a 1:05.61 to a fourth-place finish in the IHTR and got the SHR team home in the same place.

T-MK 76, Tnk 61, Vrna 50. 400-Tnck 52.08. 800-Tnck 1:47.86. 2-Rand :48.93. 1600-Tnck 4:10.73MR. 3200-Verona 10:19.79. SMR-WstMrs 4:23.50. DMR-MK 13:08.56. SHR-Rand 1:06.61MR. 2-Vrna :08.93. IHTR-Vrna 3:31.62 MR. SP-Barnard, WstMrs 37-0.5. JT-Petine 127-8; Nazario 127-5.

WATCHUNG HILLS COMPLETES SWEEP AT MADISON RELAYS

DODGERTOWN RELAYS, April 10, Madison: Watchung Hills completed a sweep of team honors here, winning six events in rolling up a 100-66 margin on Mendham.

T-WH 100, Mndhm 66, NewProv 59. 400-WhpnyPk 54.0. 800-WH 1:53.5. 1600-WH 4:21.5. SMR-WH 4:33.9. DMR-Mndhm 13:12.7. SHR-Mndhm 1:10.1.

EAST ORANGE IN FAST DOUBLE AT KINGS RELAYS

KINGS RELAYS, April 10, Van Cortlandt Pk: East Orange had a fast sprint double here, taking the 400R in 49.50 and the 800R in 1:43.42. Aisha Bilal-Mack was on both teams and also had a 1:02.25 victory in the His.

Camden ran second in the SMR in 4:18.20, third in the 800 in 1:46.14 and seventh in the 400 in 5:08.7. Trenton was sixth in the 400 in 50.61, second in the frosh-soph 1600 in 4:08.85 and fourth in the varsity event in 4:09.41, not necessarily with completely different lineups, Immaculate Heart Academy had a third in the 6400R in 22:56.47.

POPE JOHN RUNS 22:33.6 AT NANUET RELAYS

NANUET RELAYS, April 10: Pope John won the 6400R here in 22:33.6 and was also second in the SMR in 4:29.6 and third in the 1600 in 4:15.9.

JACKSON WINS FIVE AT RAIDER RELAYS

RAIDER RELAYS, April 10: No team title here, but Jackson left little doubt who was in charge as it won five events, sweeping the sprints and hurdles. It ran 49.9 in the 400R and 1:02.4 in the SHR, the latter still without Jessica Fortune in the lineup.

Westfield won a hot SMR duel from Hunterdon Central with Emily MacNeil anchoring in 2:15.5 as she outran Casey Nelson. Voorhees had a 12:36.3 in the DMR with Arianna Gianakos still out of the lineup and some shuffling in the usual order of the longer legs.

400-Jcksn 49.9. 2-Pnskn 51.1. 800-Jcksn 1:46.3. 2-Pnskn :46.8. 3-HC :48.0. 1600-Jcksn 4:05.6. 2-HC :06.4. 3200-Mnlpn 9:45.7. 2-TRNth :47.9. 3-Ridge 10:03.2. 6400R-Hlbro 23:08.6. SMR-Wstfd 4:12.3. 2-HC :14.0. 3-ScPlns :24.7. DMR-Vrns 12:36.3. 2-Wstfd :58.5. SHR-Jcksn 1:02.4. 2-TRN :06.2. 3-Hlbro :08.3. 4-Pnskn :09.3. 5-Union :09.8. IHTR-Jcksn 3:32.3. HJ-Matthews, TRN 5-4. TJ-Lambracht, HC 34-3. SO-Stokes, Jcksn 39-4; Michel, Jcksn 37-0; Menendez, Hlbro 36-10.

SOUTHERN OCEAN, WILLINGBORO WIN AT WEST DEPTFORD

WEST DEPTFORD RELAYS, April 10: Southern Ocean is still without Lauren Lewis, but that did not prevent it from scoring a big win here over Vine-land in Gr. IV, 107-43. It won every running event but the 3200R with its new distance star, frosh Danielle Tauro, anchoring the medleys and leading off the 6400.

Millville had a sweep in the weight events, led by state indoor SP champ Sylvia Galarza.

Willingboro had a close call in Gr. III, 86-72, over Kingsway with a sprint double at 50.2 and 1:44.9 leading the way. Brittnee Bynoe anchored a DMR win at 12:59.2. Jocelyn White had a 152-6 as she led Delsea to a weight double.

Bishop Eustace had another close one in Gr. II, 96-90, over Bridgeton with Jordan Sarruda ignoring a bronchitis attack to anchor wins in the two medleys and leading off a 1600R victory. Schalick easily topped Pitman in Gr. I, 117-74, sweeping the sprints and also winning the 3200 and SMR.

IV: T-SOR 107, Vnld 43, Shwne 41. 400-SOR 51.5. 800-SOR 1:46.8. 1600-SOR 4:20.1. 3200-Shwne 10:21.5. 6400-SOR 22:25.5. SMR-SOR 4:22.0. DMR-SOR 12:55.6. SHR-SOR 1:08.1. IHTR-SOR 3:30.9.

III: T-Wibro 86, Kngwy 72, Wlsm 48. 400-Wibo 50.2. 2-WW 50.8. 800-Wibo 1:44.9. 2-WW :47.3. 3-Kngwy :49.7. 1600-OcnCty 4:12.8. 3200-OC 9:46.4. 6400-Kngwy 23:49.6. SMR-Wibo 4:29.0. DMR-Wibo 12:59.2. SHR-Kngwy 1:10.0. IHTR-Kngwy 3:30.4. DT-White 152-6.

II: T-BE 96, Brid 90, WD 63. 400-Brid 50.0. 2-HaddHts 51.5. 800-Brid 1:47.4. 2-HH :48.7. 1600-BE 4:13.6. 3200-WD 10:27.3. 6400-BE 23:53.0. SMR-BE 4:27.8. DMR-BE 13:36.3. SHR-Brid 1:06.9. 2-Buena :07.6. IHTR-BE 3:31.4.

I: T-Schlck 117, Ptmm 74, MpleShde 60. 400-Schlck 53.7. 800-Schlck 1:53.3. 1600-Schlck 4:28.0. 3200-Schlck 10:59.5. 6400-Ptmm NT. SMR-Schlck 4:37.6. DMR-Ptmm 13:58.9. SHR-Wdby 1:13.5. IHTR-Schlck 3:41.0.

WINSLOW RUNS 1:43.06, 4:00.23 AT WASHINGTON MEET

WOODLAWN INVITATIONAL, April 10, Washington, DC: Winslow Twp recorded a pair of season leading sprint relay times here, winning the 800 in 1:43.06 and the 1600 in 4:00.23. Krystal Cantey was on both teams and also won the IH in 1:05.85.

CINTRONS SWEEP WEIGHTS AT ST. DOMINIC INVITATIONAL

ST. DOMINIC INVITATIONAL, April 12, Lincoln Pk: Michelle and Lizzelle Cintron of Elizabeth went 1-2 in all three weight events here, Michelle taking the DT at 120-6 and the JT at 133-0, while Lizzelle won the SP at 38-0.

Trenton had a big day as Amar White took the varsity 400 in 59.7, teammate Janica Austin the frosh 400 in 1:00.9, Brittnee Scurry the 100H in 17.1, Rejoh Littlepage the IH in 1:12.8, plus a relay double at 51.2 and 4:12.3.

100-Pickett, Sndr 12.6. 200-Pickett 26.3. 400-White 59.7. 800-Galvin, NoBgn 1:00.9. 1000-Galvin, Sndr 51.2. 1600-Galvin, Sndr 4:12.3.